

The Carbon Chronicle

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Obituaries

Mrs. Phoebe MacDonnell, aged 78 years, died in St. Michael's hospital Dec. 24th.

The Beiseker United Church Choir will present a Christmas Cantata in the Carbon Baptist Church Sunday evening, Jan. 9 at 7:30 p.m. Freewill offering. Proceeds to help the choir purchase new choir robes.

Mr. and Mrs. Art Humphrey and family of Medicine Hat were New Years visitors at the home of Mr. and Mrs. Dave Kaiser.

Mr. and Mrs. James Cooper went to Calgary Sunday, Dec. 26 to attend the wedding of Miss Norma Cooper formerly of Carbon to Mr. Philip Horne of Calgary.

Curling is in full swing. We hear Jock came out the winner on the opening evening against the Dusty Poxon rink. Now watch Jock go, boys.

Of course, as you know, Jock got took by the Appleyard rink 15-1 so you see Jock has now turned the tide.

Jimmy Cooper Jr. returned on Wed. to Banff after spending two weeks holiday at home.

BORN—To Mr. and Mrs. Frank Pierson, a son, in the Drumheller hospital Dec. 28th.

Born in Renfrew County, Ont., she came to Fort Macleod in 1899 and was married the same year to Benjamin MacDonnell. They lived on the Hatfield ranch in the Pincher Creek district where her husband was foreman.

Mrs. MacDonnell was a member of the Lethbridge and Pincher Creek Oldtimers Assns. and the O.E.S. and was also active in Red Cross work.

Surviving are two sons, Edwin of Cardston and Ralph in California; two brothers, William and Thomas White of Carbon.

Funeral Services were held at the United Church in Pincher Creek Dec. 27th with Rev. R. N. Moriarty officiating. Burial followed in Fairview cemetery.

Herb and Jerry Maies and Laura Mairs all spent the New Years holiday at the home of Mr. and Mrs. Ted Ohlhauser.

Mr. and Mrs. Ed Maskie and children of Calgary spent New Years at the home of their parents, Mr. and Mrs. E. Wiffen.

Congratulations, Doreen on your engagement to Raymond Payne of Strathmore.

BOY SCOUT ACTIVITIES

SCOUT NOTES

By the S.M.



A and gay time was held by the boys and their blushing partners at the Scout Party on Wednesday, 29th December. Starting at 2:30 p.m. we opened with O Canada, and then had very necessary introductions—necessary because I only knew some of the boys and none of the girls. I soon got to know the girls. Trust me.

First order of business was skating, and it appeared to me that the kids liked to skate as much in the dressing room where it was warm, as out on the ice. In the dressing room the rule was 'watch your feet'. If you didn't, you had them neatly cut in half by the skates.

We returned to the Scout hall at 4:00 p.m. to start into a treasure hunt, organized by Les Bramley and Charles Cave. My crew and I came in last. Ronnie Fox's crew came in first. Isn't it shocking when the kids show me up like this?

Then came games of various types, some of which were entered into in an uproarious way, even by some of the visitors we had, while the kids, young and old, all enjoyed the Roger de Coverley and had to have it all over a second time.

In the game of musical arms,

Maurice Johnson acted in rather a shy manner in grabbing the presents when the music stopped, and boy, oh boy, could he blush. Garry Johnson was not so afflicted. There were many happy kids after the presents were distributed.

The Rev. J. G. Roberts provided a picture show lasting about 40 minutes, at the conclusion of

Continued on back page

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President G. R. McGregor accepts the first of 22 Vickers Viscounts on behalf of Trans-Canada Air Lines. Mr. McGregor is seen looking over flight papers with Captain G. R. (Jock) Bryce, the man who flew North America's first propeller-turbine airliner from England to Montreal. Reading from left to right are Mayor Jean Drapeau of Montreal, Mr. McGregor, Captain Bryce, G. R. Edwards, Managing Director of Vickers-Armstrongs Ltd. and the designer of the Viscount, and H. J. Symington, a director of TCA.

The way I see it...

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WEEKLY

Editors 'Invade' Northland

★ ★ ★ ★

**Vegetable garden north of '54,
a 'cool' swim, emergency meal,
beautiful waterfall on final leg**

(EDITOR'S NOTE: This is the final instalment of a four part story by four Saskatchewan District weekly editors, who were guests of the Saskatchewan government on a tour of northern Saskatchewan. The quartet got a close look at Northern developments and have written their impressions and experiences. This fourth chapter was written by Dave Belbeck of The Swift Current Sun. Others on the trip were Cliff Ashfield of The Grenfell Sun, Walter Teifer of The Humboldt Journal and Irwin McIntosh of the North Battleford News-Optimist.)

(Part IV — By Dave Belbeck)

It was a beautiful morning when we left Stony Rapids, the pivot of our trip and, with an early start, we had hoped to catch up on our itinerary which had been running half a day behind through a plane hold-up at Big River. After a short stop on Cree Lake, we had hoped to be in La Ronge for lunch. But we never made it!

Radio contact with Foster station (we couldn't get through to La Ronge) told us the Lac la Ronge area was the centre of a heavy layer of clouds and that visibility wouldn't permit a landing. So we decided to lay over on Cree until we could get an all-clear signal from La Ronge. As it turned out, we were happy that the gods of chance interfered, because the hours we spent on Cree—one of the most beautiful lakes in the North—were among the most pleasant we had on the trip.

Only vegetable garden seen

It was on Cree that we saw the only vegetable garden coming to our attention since leaving the South. The three old settlers—who operate a two-cabin tourist lodge, carry on commercial fishing, look after a DNR two-way radio-communication station, and do a little trapping in the winter—have hacked small plots out of the scrubby land and are cultivating peas, carrots, potatoes and rhubarb. They compared favorably to what you have in your own garden. But this garden industriousness is an exception above the 54th parallel, in our experience.

It was at Cree, too, that the male members of our party reverted to the days of childhood. Cree lake, a veritable gem of lovely clear water, is surrounded by sweeping fine-sand beaches, also an exception in the North, and the itch to take a swim in its below-70-degree water became so strong that the seven males in the party left the lady photographer stranded with the old settlers at Wetzel's station and hied themselves to a secluded beach—out of telescopic-camera range! — for a back-to-nature swim. The only eye-witnesses to that strip-tease were the inquisitive low-flying pelicans, and they'll never tell what they saw.

It was a rejuvenated bunch of men who returned to Wetzel's station to rescue the lady photographer from her boredom. Boredom? We learned that the moment we left the station, the old settlers retired to their cabin, where they hibernated until our return! The only women they weren't afraid of were the calendar-girls that decorated their cabin walls!

Case of rations "borrowed"

Dinner-time came and went and still no report from La Ronge, though our chief guide, Earl Dodds, with the northern district of the Department of Natural Resources, tried repeatedly to get through for it. It wasn't until around 3:30 p.m. that Foster gave us the green light and preparations were made to take off. Because the old settlers' larder wouldn't permit giving us a much-needed meal, Dodds "borrowed" an emergency case of rations from the D.N.R. stores at Wetzel's station and fed us en route to Nistowiak, where we decided to drop down for a fish before proceeding to La Ronge. That meal of pilot's biscuits, peanut butter, jam and tomato juice hit the spot, believe me!

Nistowiak, famous for its pike and pickerel, wasn't too kind to us. We whipped its waters with every kind of bait in our kits, but failed to bring in anything fit for a picture. Our total "take" were four walleyes and five jacks. But we did see something that was worthy of a camera—Nistowiak falls.

Some day—a tourist mecca

I've personally seen some of British Columbia's finest, but Nistowiak, between Montreal river and Nistowiak lake, is right in there with the best—for volume of water and complementary scenery.



(Sask. Government Photo)

DAVE BELBECK, of the Swift Current Sun, and author of the concluding article in this series, at the door of a La Ronge cabin, just before the start of the fishing trip on this famous lake.

We had to walk a mile through the bush to get to it, but the heavy going was worth it! Some day these falls will be a tourist mecca.

At the end of an all-weather road from Prince Albert, La Ronge, where we landed at 9:30 p.m., presents the appearance of any modern resort centre and has every facility for catering to tourists—a modern hotel, cafes, beer parlor, cabins, etc. Its future development (which has already started!) will be centred within one hundred yards of the shore, because beyond that, we were told, lies the bog and muskegs for which the North is famous—and cursed.

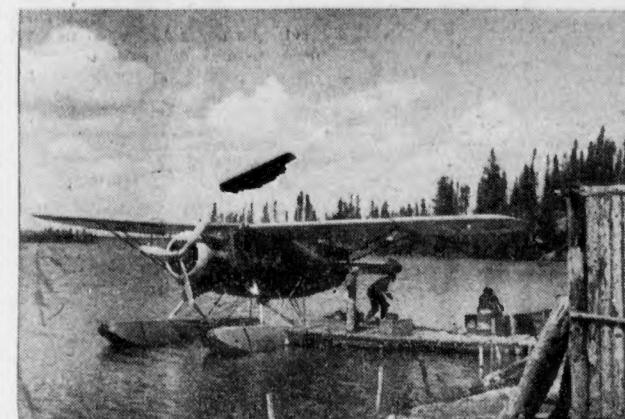
Our itinerary called for a full morning's inspection of such things as the D.N.R. fire control headquarters, government trading store, school, hospital, church, filleting plant, etc., but since a half-day's delay throughout the trip had prevented our party getting in the promised big-fish expedition and since we had inspected similar things at various points en route, our guides agreed to dispense with the itinerary and arranged two-motorboat trip to the southern shores of Lac la Ronge where we were promised some "big ones".

Big ones got away

Maybe it was our southern lures, or maybe it was the way we fished—anyway none of the party came up with one big enough to go home boasting about. It was right and proper that Galen Craik, Commissioner of Publications, whose Bureau is forever lauding the fishing qualities of our Northern lakes should have landed the "big one", and he did—a 7½-lb. jackfish, or thereabouts. It didn't impress fellows like Earl Dodds, but Galen was the envy of the rest of us amateurs, particularly this writer, who was definitely the Jonah fisherman. On the whole trip I got one bite—and that from a mosquito at Careen lake!

I suppose, as "clean-up man" on the writing of this series, I should have something to say about the future of the North Country. I think we were pretty well agreed that the Department of Natural Resources is doing a wonderful job of administrating it and that at some time in the not-too-distant future development will, I

Picture Highlights Northern Press Tour



(Saskatchewan Government Pictures)

SGA's NORSEMAN PLANE at the dock at Cree Lake. Cree was voted "most beautiful lake" in the north by the four Saskatchewan weekly newspaper editors who made the trip.



HOSPITAL BUILDING at Stony Rapids, operated by the provincial Department of Public Health.



HIGH WATERS prevailed in northern Saskatchewan for most of the summer of 1954. Above, Saskatchewan weekly newspaper editors step carefully in loading gear aboard their plane at Stony Rapids Wharf, covered by several inches of water here, is generally several feet above water. In the picture are, left to right: Earl Dodds, D.N.R. northern field supervisor; Galen Craik, commissioner, Bureau of Publications; Cliff Ashfield, Grenfell Sun; Dave Belbeck, Swift Current Sun (partially obscured); "Cham" McLean, store keeper, fur dealer, tourist operator, and host to the party; Don "Scotty" Fraser, SGA pilot, on pontoon.



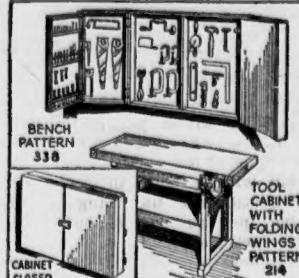
HENRY WETZEL'S partners at Cree Lake pose obligingly for their picture before Henry's log cabin. Left is Frank Anderson, and the other man is Otto Okerberg.

years it will have a tremendous impact on the economy of this province.

think, hinge on mining and forest products. Great strides are being made right now in both fields, as you will have gathered from preceding articles in this series. The world is moving so fast that predictions are impossible, but when you're talking about Saskatchewan's future prosperity, don't sell the North short!

3121

Home Workshop



Here is a cabinet that will hold the hand tools usually found in a well equipped shop. The beginner in woodworking with a growing stock of tools should start with the center panel and the first pair of wings which form the doors. As more tools are acquired the second pair of wings may be added. Both pairs of wings are then folded in so that the cabinet when closed and locked requires no more wall space, as shown at the lower left in the sketch. The tool cabinet and the bench pattern are 35c each and should be ordered by number. Patterns will be sent by first class mail if 2c extra for each pattern is enclosed. The additional postage for air mail is 5c per pattern which saves several days according to distance from New York.



A friendly black kitten standing knee deep in bright posies, a sad-eyed pup and a gay Mexican vendor are just what is needed to hold doors open. They make attractive gifts and are sure to sell well at bazaars. If a number are made to sell, nail layers of plywood together temporarily and cut out several at one time. All three figures are on pattern 247. The unusual feature of this pattern is that it is taped to the wood to be sawed out and the saw lines as well as the painting outlines are traced. No special skill is needed to use this pattern. To get a copy of this pattern send 35c with name and address. Or this number 247 will be included in the Jig Saw Packet of patterns for \$1.50.

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MORNING CHIMES

Those morning chimes! Those morning chimes!
How sweet they sound upon the air
Fresh with the coolness of the night,
Resounding, lingering everywhere.
Those morning chimes invite us now
To turn towards each wide church door;
To lift our thoughts from worldly cares
And worship reverently once more.
Those morning chimes, how sweet they sound,
Like some softly tolling evening bell.
When I no longer walk this way
In memory those chimes shall swell.

THE ORIGIN OF THE CRACKER

Christmas crackers originated in Britain some 70 years ago. The idea was brought back from a continental holiday by Tom Smith, a confectioner and maker of wedding cake ornaments. Tom saw a French confectioner make his candies more attractive by wrapping them in tissue paper. That Christmas, he wrapped his sugared almonds in this way. Later, to make the packages more entertaining he included a loving message in each wrapping and so began the present day Cracker.

Santa doesn't call everywhere

In some places he would not be recognized

By Grover Brinkman
(CPC Correspondent)

Is old Santa losing his popularity in this competitive age of the atom? Not in North America, perhaps. However, world-wide, he is not only losing it—he never was generally popular in the first place!

Authority for that unusual statement is none other than Wrightson Christopher of Boston, a historian on Christmas legend and fact.

Santa Claus was never widely known around the world as a gift-bringer, according to Christopher. Mostly, it is the Wise Men who are credited with bearing gifts, especially in Eastern and Southern Europe.

In Hungary, for instance, the gifts come from the angels themselves; in Poland from the stars; in Greece St. Basil is the gift-bearing patron saint. While in Denmark it is an elusive elf—Julenissen.

Checking the works on ancient historians, Christopher found that first mention of gifts at Christmas was the result of a custom instituted by Roman emperors who "invited" their subjects to make gifts to the monarch at this season—or suffer the consequences. Generally the consequences were mass beheadings for those who disregarded the command.

Take the word "Yule" itself. Its origination dates back to the ancient northern peoples who presumed that the sun was a wheel, revolving around the earth, which reached its solstice in the winter. Hence this cycle of the sun was known to them at the Hweol.

Peering further into ancient Druid history, it was revealed that they were the first to burn a log at this season, blessing it with much ceremony. And at each ceremony, a brand was saved to rekindle the new fire. Hence the Yule Log of today.

The lighting of candles was instituted by the early Romans as a pagan celebration, without any religious significance. However, later Christian religion merged the ceremony into that commemorating the birth of Christ.

Funny and Otherwise

"My doctor's ordered me to give up drinking for life."

"That's tough. Still, cheer up, perhaps you won't live long."

"Well, what if he has got a lot of money! He can't take it with him, and even if he did, it would melt!"

The long-haired young man eased himself into the barber's chair and in a patronizing voice asked: "Isn't this the place where I had my hair cut last time?"

"I don't think so, sir," replied the barber. "I've only been open two years."

A motorist was proceeding along one of the main roads of a small town when the driver of a baker's van in front turned to his right down a side street.

After narrowly avoiding a collision, the motorist demanded to know why the baker didn't indicate which way he was going.

"Don't be so daft," replied the baker. "I always go down that street."

Jones and Smith were sitting in their tent in the African jungle discussing their skill as hunters. Presently Jones remarked that he would bet Smith a dollar that he could go out and kill a lion forthwith. Smith took the bet and sat back to await results.

About an hour passed, then a lion put its head through the tent flap. "Do you know a fellow called Jones?" It asked.

"I do," said Smith, backing away.

"Ah," said the lion, "he owes you a dollar!"

"I don't believe you know what love is."

"Of course I do. It's the eleventh word in a telegram."



—Central Press Canadian.

Santa has to pick his route carefully, whether he's travelling by reindeer, sled or by airplane. Too many countries in the world have never become acquainted with him.

The traditions of Christmas are varied and many. Some can be traced, but most are lost in the dim recesses of history. However, the story of St. Nicholas is rooted in fact, as it has been definitely established that he lived in Asia Minor, back in the ninth or tenth century.

"I am often asked," noted Christopher, "whether homes all over the world have Christmas trees. The answer is a definite no. It is the Christmas crib which is more widely known as a symbol. It is the creche in France, the nacimiento in Spain, and the krippe in Germany."

Among the ancient legends of Christmas is the one of the Christmas candle. It tells of a shoemaker who lived in a cottage on the edge of a village. Although a poor man, he placed his candle in the window each night to guide travellers. Despite wars and hardships and illness, his light was always there. This inspired the villagers and at the Christmas season there were many candles in many windows. The custom grew and became universal.

Another undying tale is the legend of the Christmas rose. A little shepherdess watching from afar wept because she had no gifts to offer the Christ Child. As her tears fell to the ground, flowers sprang up. These the child gathered and hastened to bring to the infant Jesus to add to the gifts brought by the Wise Men.

Most of the ancient world is filled with reminders of ancient Christmas customs. The "Wassail" bowl, today the Christmas punch bowl, is derived from the ancient Saxons. Christmas carols, for the greater part, are known in all countries of the world. However, strangely, most of their historic past is lost.

A preview of the "new look" in hotels is scheduled for May 1, next, when a \$1,000,000 motor-hotel, featuring television in every room, will be built in Vancouver.

"Motels have cut sharply into our business. You can trace their success right back to the family car. Where once everyone travelled by train, they now go by auto."

Radium Mining

Seven rules that make for happy marriage

MADISON, Wis.—A Wisconsin supreme court justice who handled hundreds of divorce cases as a Milwaukee circuit judge before moving to the state's highest court has some advice about how to stay married.

"There is no such thing as a completely frictionless marriage and many tensions disrupt the flow of married bliss," according to Justice Roland Steine.

He gave these seven rules for easing the tensions and making married life happier:

1. Be as nice to your spouse as you are to yourself.
2. Maintain a sense of humor.
3. Don't take your problems to outsiders.
4. Don't forget small attentions.
5. Advice of parents should be sought only on infrequent and really important occasions. Most problems should be worked out between the husband and wife.
6. Keep financial matters on a business plane, with the idea that marriage is a partnership financially as well as in other ways.
7. Marry with the feeling that divorce is illegal and marriage is permanent.

Canadian statistics report

(A Weekly Review)

The People: Fewer births, marriages and deaths were registered in Canada in October than in the same month last year. The 10-month tally showed a 6 percent increase for births, decreases of 3 percent for marriages, 4 percent for deaths.

Foreign Trade: Canadian exports were worth nearly 9 percent less this October, while imports were valued at more than 7 percent less than in 1953. January-October trade showed an 8 percent drop in both exports and imports.

Mining: Gold production rose in September for the first straight month, but decreases in the first four months of 1954 put the 9-month output slightly below last year. More copper, nickel, lead and silver, but less zinc, was produced in September and the first 9 months this year.

Labor: Industry had more people on a bigger payroll at the start of October than a month earlier but both employment and payrolls were down from last year. At the end of October 209,099 were on the live unemployment insurance register, over 11 percent more than a month earlier.

Prices: Lower quotations for animal products and textiles more than offset higher bids for vegetable products, non-ferrous metals, and iron and steel products to bring about a slight reduction in wholesale prices during October. Compared with last year, wholesale prices were down 3 percent to the lowest level since July 1950. Farm product prices fell 1.5 percent at terminal markets during October. Prices of residential building materials showed no net change in October, but prices of non-residential building materials showed a slight increase.

Thieves: In Lucedale, Miss., got a lesson in sticking to the job. A 400-pound railroad ticket office safe yielded one gallon of glue.

Pilot landing near Los Angeles in a dense fog mistook a highway for a landing strip; smacked a motorist. Unfortunately, it wasn't the cop who's always asking: "What ya doing? Flying too low?"

Deer hunter near Antlers, Okla. got lost. Searchers went after him. Got lost. Deer hunter turned up safe. Went after searchers—perpetual motion at last?

Fellow in San Francisco got a divorce because wife took her two dogs to bed with them, and the poodles always nipped at his legs. Most wives just freeze hubby with their dogs.

Radium Mining At Canada's Port Radium plant, just below the Arctic Circle, an endless rubber belt carries coal-like lumps of uranium-bearing ore from mine to mill. Keen-eyed spotters hold doubtful chunks before a Geiger counter suspended from the ceiling. A flashing light confirms radioactivity.

URANIUM COUNTERS Many types of lightweight, portable counters for uranium prospectors are sold at prices ranging from \$30 to \$700. In the last four years more than 10,000 counters have been sold to individual prospectors and another 25,000 to private companies.

New Fabrics Bring You Bed-Making Dividends

BY EDNA MILES

HAVING the beds in her house look pretty, ruffly and immaculate at all times with very little effort on her part is one dream of every homemaker.

Until now it was possible to have beds that looked like pictures only by the dint of hard work. That's all been changed with the recent development of complete bedding sets in nylon, dacron and orlon. These are completely washable, need no ironing. They're soft, and in the case of comforters and blankets are light but possess warmth.

Ruffled sheets and pillow cases are in angel crepe, a soft nylon fabric that resembles crepe de chine. Top sheet is ruffled on three sides and used with a fitted bottom sheet. A flower-sprigged comforter is completely machine washable. Its outer shell is sculptured nylon; it's filled with dacron, the filling also used for the pillow.

Blanket is in a downy orlon fleece. All pieces in the set are color-fast, long-wearing, easily washed and quick to dry.

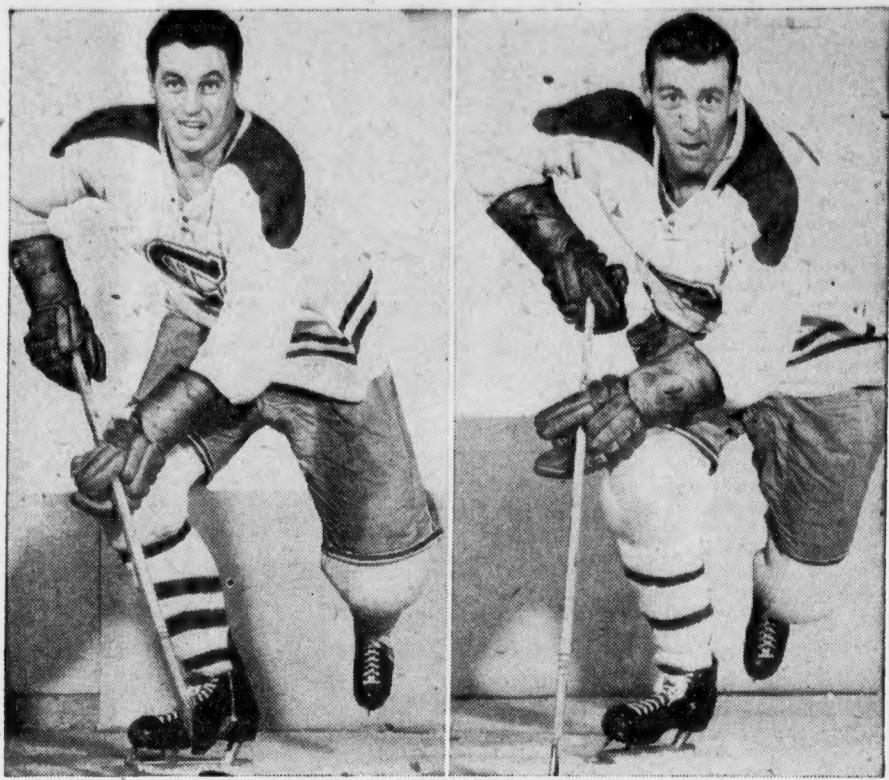


Everything's synthetic but the genuinely restful sleep provided by the new, lightweight bedding.

World Happenings In Pictures



STILL STUNNED and unable to explain why she drove through the front door of a San Francisco department store, Mrs. Clady E. Whitcomb, 69, seated in car, talks to police officers.



LEADING SCORERS among the National Hockey League's centres are Jean Beliveau, (left), and Ken Mosdell of the Canadiens with 26 and 23 points, respectively. Both loom as candidates for all-star berths.



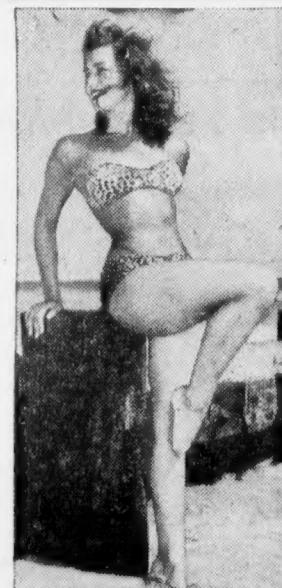
THE PRINCE AND THE PUPIL get together in the Kidbrooke School in London, as Prince Fahd Ben Abdul Aziz Al Saud, brother of King Saud of Saudi Arabia, compares Eastern and Western methods of education. Prince Fahd is Saudi Arabia's Minister of Education.



FRED WARING and Virginia Morley, a pianist in his troupe, get a marriage license from the deputy county clerk, (right), before their marriage recently in a small private church ceremony in Indianapolis.



DROPPED WAISTLINE features this hooded patio suit which has a buckled drape at the hip, tapered pants and two pastel front panels of jersey that zip up to form a hood. It was shown recently in a Miami show of resort wear.



SNO SUIT — But it is ideal garb for where Terry Shane is spending these chilly and dreary days—Miami Beach, Fla.

The number of graduate Canadian nurses emigrating to the United States has increased more than four-fold since the end of the Second World War. In 1953 1,042 nurses moved to the United States. 3121



A 67-HOUR "SNOOZE" finally ends for pensioned railroader John Fox, of Montreal, who lay down at 6 p.m. on Friday and awoke Monday afternoon. Claiming to be in "perfect" health, Fox's only explanation for his big sleep was, "I felt tired".

The Sports Clinic

(An official department of Sports College)
Conducted by Lloyd "Ace" Percival

Once again we are going to answer some common enquiries received at Sports College so here goes.

"I have heard that some athletes, especially weight-lifters, sip a mixture of coffee and brandy between weight-lifting events. What is the Sports College opinion concerning such a practice?"

The probable effects of sipping such a combination would be a mild stimulation from the coffee and some relaxation and easing of tension from the brandy. However, the effect, created by this mixture would be very unlikely to add much to the athlete's efficiency. Certainly the brandy would not have any measurable effects. There are many other more effective ways of easing tension and developing fire and desire needed to make great effort. The stimulation from the coffee is not considered to be harmful. Any such energy jolt-up or concoction designed to improve moral or develop quick efficiency should always be checked very carefully with the club, team or family doctor. If such a practice is followed out you can be assured that you will not be doing anything that can have harmful effects.

"I am fed up with people telling me to relax. What do they mean and how can I do this?"

To tell a person bothered by tension to relax lets you off the hook but helps them very little. In fact, it may even irritate them further. Here are a few things you can do to help reach that relaxation you want:

Remember that relaxation is an actual muscular skill and can be learned by anyone. Here are some tried and true techniques for releasing tension:

1. When you feel tension purposely tense your muscles and then let them go limp.

2. Sit down and try to trace any tension in any part of your body. When you find tension go to work on it. First tense these parts and then relax them until you are confident you can relax them any time you want to do so. Soon this becomes a reflex action. Thus, when you feel tense you will react by relaxing automatically.

WEEKLY BIBLE COMMENT

OUR WORLD NEEDS THE TRUE PEACE OF CHRISTMAS

Sincere Christians the world around can not help but be deeply troubled, especially at the Christmastide, with the contrast between the peaceful mission, purpose and message of the Christ Child and the condition of our world.

When we turn to the discrepancy between this world as it exists and the Gospel of Him whom we call "The Prince of Peace," we experience the full impact of this difference.

This is not a world of peace in which the Christ has conquered, however much He may have conquered in the hearts and souls of many believers.

Among these sincere believers in the Prince of Peace, however, there is also a great discrepancy in practical attitudes as they face the teaching of Jesus, and the problem of peace in a warlike world.

Some we may call nonresistants, rather than pacifists (for all true Christians are pacifists, even those who engage in war on behalf of peace against violence and aggression). These believe in the literal following of the Master's command to resist not evil.

Others take the more common attitude of supporting their governments and people against attack, of meeting violent aggressors with adequate measures of protection.

Either way, the Christian is faced with a dilemma, and a problem in which he can find little anticipatory satisfaction of solution.

But we can live in the spirit of peace, and live and hope and pray for peace, and believe in the Christ, who has conquered, but who has still much more to conquer.

3121

Kitchen Meditations By JANE DALE

HEIGH-O FOR WINTER!
The children are out with their toboggans and sleighs, Heigh-O for winter, Heigh-O! They have waited so long for this day of days!

Heigh-O for winter, Heigh-O! They don't seem to mind that the North Wind does blow; They are so delighted with the first fall of snow.

Heigh-O for winter, Heigh-O!

For it's every day now they may slide or may skate; Heigh-O for winter, Heigh-O! The snow's come at last, though it is a bit late. Heigh-O for winter, Heigh-O! They wrap themselves up in the gayest of togs To merrily play with their friends and their dogs.

Heigh-O for winter, Heigh-O!

There are some 6,000 kinds of caterpillars in North America.

:- APPETIZING RECIPES :-



Let your girls prepare some of the Christmas sweets. They'll enjoy making Cherry Popcorn Balls.

Cherry Popcorn Balls

Two thirds cup sugar, $\frac{1}{2}$ cup water, $2\frac{1}{2}$ tbsps. white corn syrup, $\frac{1}{2}$ tsp. salt, 1 tsp. vanilla extract, $\frac{1}{3}$ tsp. vinegar, 2 quarts popped popcorn, 1 cup sliced candied cherries.

Mix together, in a one-quart heat-resistant glass saucepan, sugar water and corn syrup until sugar is dissolved. Boil mixture without stirring until it forms a firm ball when a teaspoonful is put into cold water. On the candy thermometer

this is 248 degrees F. Add salt, vanilla extract and vinegar. Continue cooking until syrup reaches hard crack stage, when threads become brittle if a teaspoonful is cooled in cold water and then exposed to air. This is 290 degrees F. on the candy thermometer. Mix together popcorn and candied cherries. Remove syrup from heat and immediately pour over popcorn and cherries in the four-quart heat-resistant glass mixing bowl. Shape into balls. Yield: about 12 popcorn balls.

PEGGY



Ticklers

—By George



"This Christmas, Santa is terrific. He used to be a Swiss bellringer in a vaudeville act!"

Weekly Crossword Puzzle ::

Screen Star

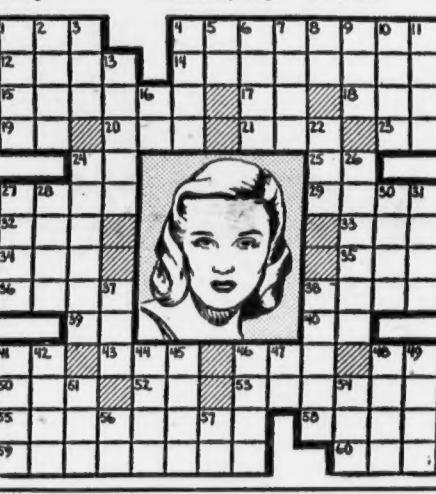
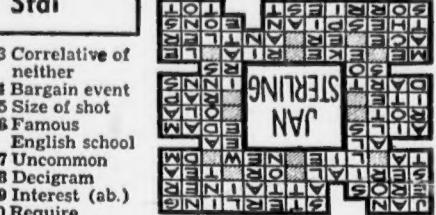
HORIZONTAL

- 1,4 Depicted actress
- 12 God of love
- 14 Gainer
- 15 Continued story
- 17 Either
- 18 Beverage
- 19 Symbol for tantalum
- 20 Falsehood
- 21 Novel
- 23 Decimeter (ab.)
- 24 Morindin dye
- 25 Babylonian deity
- 27 Is indisposed
- 28 Type of cheese
- 32 Decay
- 33 Palm leaf
- 34 Follower
- 35 Knock
- 36 Short barb
- 38 Hostelries
- 39 Thus
- 40 Rupees (ab.)
- 41 Pronoun
- 43 Piece out
- 46 Narrow inlet
- 48 French article
- 50 Playing card
- 52 Symbol for erbium
- 53 Horn
- 55 She is an ex-Broadway
- 58 Eternities
- 59 Saddest
- 60 Small child

VERTICAL

- 1 Joke
- 2 Scope

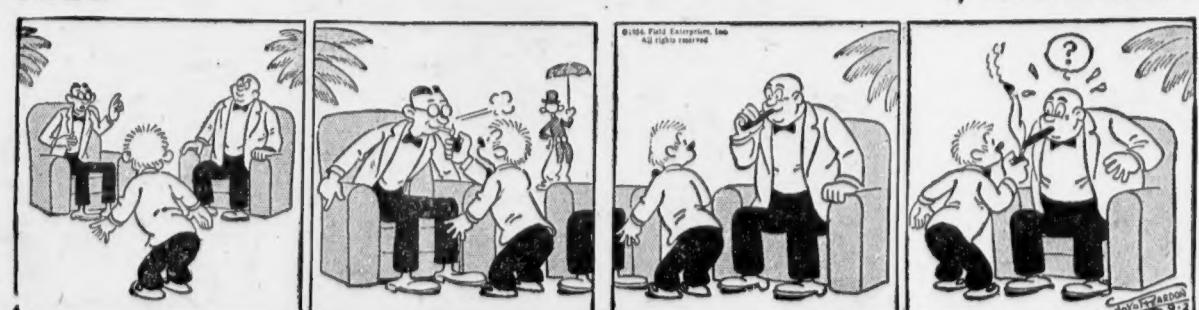
Here's the Answer



—By Chuck Thurston



BOZO



By FOXO REARDON

VIRGIL



By Len Kleis

Deep Alberta gorge holds world's richest fossil beds

STEVEVILLE, Alta.—Near this quiet Alberta hamlet 150 miles east of Calgary a deep gorge through the flat prairie has produced dozens of specimens of pre-historic life, states a Canadian Press story.

This wild landscape of the "bad lands" reveals a fantastic panorama of nature's sculpturing and has gained an international reputation as one of the richest fossil beds in the world.

But to Albertans, living almost at its door, the valley and its treasures remain virtually a myth.

Most people in the province have heard of the bad lands or seen dinosaur models in Calgary's St. George's Island Park, but few have visited the graveyard of the mammoth reptiles which roamed the area 60,000,000 years ago.

Two hunting parties

This summer two parties hunted in the Red Deer river valley, one from the National Museum of Canada, led by Gus Lindblad, and the other from the Royal Ontario Museum, headed by Levi Sternberg.

Patience is the chief characteristic of the fossil hunters. They

may spend months, even years, trudging through the bad lands, climbing the rocky and often sheer-faced buttes, to find only an occasional dinosaur bone or bits of fossilized wood.

Once they make a find they must take the greatest care to wrap it until the difficult work can be done in the museum workshop.

The bones are first shellacked, then a thin layer of paper is placed over the surface. Next come six-inch-wide strips of plaster-soaked burlap to complete the job.

Up with the sun

The men are up with the sun each morning and after breakfast head for the fossil fields in trucks armed with picks, shovels, awls, whisk brooms, shellac, thin rice paper, burlap and plaster. The tools are used for digging once they have found an outcropping of bone in one of the canyon walls.

One night a week they pile into a truck and head 15 miles southwest to Patricia, a village of about 50 people, to take in the weekly movie or dance, or just chat with the villagers over a glass of ale.

In 1952, Charles M. Sternberg, formerly with the national museum, recommended that a dinosaur park be established at Steveville by the Alberta government. The people of the sleepy valley dream of the day when this becomes a reality, and paved highways are built into their "park".

GEMS OF THOUGHT ::

SOLITUDE

The strongest man is the one who stands most alone.—Ibsen.

I never found the companion that was so companionable as solitude.—Thoreau.

Who hath not learned that when alone he has his own thoughts to guard, and when struggling with mankind his temper, and in society his tongue?—Mary Baker Eddy.

Get away from the crowd when you can. Keep yourself to yourself, if only for a few hours daily.

—Arthur Brisbane.

Until I truly loved I was alone.

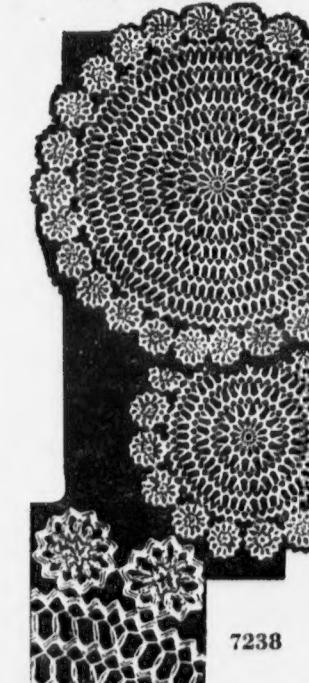
—Mrs. Norton.

Solitude is as needful to the imagination as society is wholesome for the character.—Lowell.

AFRICAN HERDS

Approximately a million cattle graze in Africa's Kenya and Tanganyika, home of 100,000 nomadic Masai. To the tribesmen quantity takes precedence over quality. Thus the grasslands are seriously overpopulated.

Patterns It's Rickrack



7238

by Alice Brooks

Combine rickrack with easy crochet — make these beautiful doilies! Combine 2 colors!

Crochet Pattern 7238: 13-inch, 19-inch, round doilies. Use No. 30 cotton, gay rickrack. For matching chair-set, Pattern 7211. Each pattern 35 cents.

To obtain this pattern send twenty-five cents in coins (stamps cannot be accepted) to:

**Department P.P.L.,
Household Arts Department,
60 Front Street W., Toronto.**

Be sure to write plainly your Name, Address and Pattern Number.

Brimful of thrifty gift ideas . . . our Alice Brooks Needlecrafter Catalog . . . 82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.



HOTEL ASSOCIATION BOARD—Shown above are hotelkeepers from various points in Saskatchewan, named to their association's Board of Directors for the 1954-1955 term. Standing left to right are: W. F. Crawford of Elrose, John MacCullie Archerwill, M. L. Hock of North Battleford, J. H. Vopni of Davidson, R. L. Hutchinson, general manager, Sask. Brewers' Association, Wm. Nolan, Saskatoon, R. P. Robbins of Carrot River and T. K. MacKenzie, Regina, secretary. Seated left to right: D. J. Devine of Kipling, J. R. Booker of Swift Current, A. J. Borget of Humboldt, V. V. Colleaux, Saskatoon, vice-president; G. Grant, Regina, president and managing director; J. J. Boyle, Regina, vice-president; Harry Boyce of Regina, W. G. Lots of Melville and Chas. Crane of Moose Jaw.

'Merry Christmas' also means festive buffets, decorations

Merry Christmas one and all! Everything looks bright and new and everyone looks happy and gay. It's Christmas! We believe the origin of this greeting stemmed from the land so long known as Merry England, whose people naturally celebrated a Merry Christmas. The Scots and French tend to reserve their excitement for New Years. Probably we owe much of the tradition to such writers as Herrick, Dickens and Shakespeare and to all those singers and players who have performed their works through the centuries.

FESTIVE BUFFET IDEAS

Mixed Fruit Cocktails: 4 cups grapefruit juice and 1 cup orange juice; 2 cups sweet cranberry juice and 3 cups pineapple juice; 1 cup prune juice, 1/2 cup lemon juice and 4 cups apple juice.

Relish Tray Suggestions: Cheese crackers spread with olive mixture; salted soda biscuits spread with cheese and nuts; caraway bread sticks; tiny spice biscuits.

Buffet Main Course: A light party lunch served attractively will be a credit to the hostess after the Christmas Day meals. Select several of the following:

Chicken à la King in toasted bread cups; feather-fine cabbage and nut salad; scalloped potatoes, jellied star turkey salad with diced celery; potato and turkey dressing salad; pork parcels of sausage meat inside tea biscuits; yule tide salad of orange grapefruit and malaga grapes; double decker sandwiches; grated carrot, diced orange and raisin salad.

Garnish Tray: Gherkins; dills; apple wedges dipped in pickle syrup; celery stuffed with cheese; prunes stuffed with peanut butter; carrot sticks and olives.

Grandmother, too? Tch, tch!

The name Richard is French and English and means "stern king."

The Australian bandicoots somewhat resemble rabbits, both in habits and appearance.

BOAR'S HEAD FEAST

Queen's College, Oxford University, has a Boar's Head feast on Christmas Day, which originated in the story of a student who was attacked by a wild boar some 500 years ago, while studying Aristotle during a walk. He killed his formidable adversary by thrusting the volume down the animal's throat. Today a paper mache head replaces the 90-pound specimen under the weight of which two attendants used to stagger in bygone days, but the spirit of the ceremony remains unchanged. As the choir sings the last notes of a traditional carol, the head is placed on the table of the provost, the principal of the college. The provost then presents the ornaments and embellishments one by one to the choirboys and visitors, the solo singer receiving the orange.

SMILE OF THE WEEK

McTavish was violently opposed to his daughter marrying her boy friend Hugo. He ranted and raved a long time before breaking down and giving his consent.

Doing so he said to her, "Marry him if you will, Lassie, though I fear happiness will be hard to find since he has not the virtue of thrift. Why just the other day I saw him drive out of a parking space with 12 minutes left on the meter."

Drive With Care!

On The Side • By • E. V. Durling

Grandmother, too? Tch, tch!

Perfumes with allegedly male attracting powers and provocative names are not a new idea. They were in vogue when your great-great-grandmother was a whistler girl. Or, so I gather from an advertisement in a periodical dated November, 1858, nearly 100 years ago, praising the male-attracting potency of a perfume called "Kiss-Me-Quick".

Says the pedometer

The average waitress in a busy place walks about 14 miles a day. That is, if most of the customers are men. In restaurants where feminine patrons are in the majority, the waitresses walk about 19 miles a day. That's because the women customers change their minds so much. And also after they have given their order think of something else they want.

Fifth of a loaf . . .

Is half a husband better than none? That's what a number of unmarried women in Germany believe. They are conducting a "share the husband" campaign. This calls for making it legal for a man to have two wives. George Bernard Shaw's belief as to husband sharing was even more radical. He thought a fifth of a husband was better than none. He once observed: "Any woman worth her salt would rather have a fifth share in a first-rate man than a full share in a fifth-rate man."

Dangerous ages

What is the dangerous age for a married woman? That is, the period when she has difficulty in making her eyes behave and is in danger of becoming involved in an extra marital love affair. Most experts say it is when she is between 40 and 45. How about the dangerous age for husbands? Dr. Charles H. Mayo once observed: "The dangerous age of a man is from 50 to 55. If you can't keep your eye on a husband of that age, lock him up."

His heirs enjoy it

When a man reaches the age of 96 most life insurance companies pay off his policy in full. At that age, money doesn't make much difference to the man but it is nice for his heirs and assigns. When John D. Rockefeller reached 96, he was paid \$5,000,000 by the life insurance companies holding his policies.

Murder on dance floor

Why do women wear long evening gowns to dancing parties? Isn't the short gown more practical for tripping the light fantastic? Then consider the threat of the long gown to the lady's partner. He is afraid he may step on it. Why, sir, if a man stepped on a Dior evening gown and ripped it, the wearer might kill him. And any all-woman jury would probably vote it justifiable homicide. It could be that the women who wear long gowns do not have the streamlined limbs so necessary for a short gown. But let's not go into that at this time.

Marathon talkers

Women are repeatedly accused of being non-stop talkers. The ladies do converse considerably but that is only at all-female gatherings. When with men, the women hardly ever get a chance to get a word in edgways. They have to listen. Recently I travelled on a non-stop plane from coast to coast. In a nearby seat were a man and woman, evidently husband and wife. The woman hardly had a chance to say a half dozen words in eight hours! The man talked on and on. And then on some more.

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"THE HOLY NIGHT"—Virgin and Child, principals of the most joyful moment in the drama of Christianity, form the radiant focal point of 15th Century artist Antonio Correggio's famous painting, "The Holy Night". The original hangs in Dresden, Germany.

OUR COMPLETE SHORT STORY—**Granny's and mine**

—By MICHAEL TIFF

THAT'S a picture of Granny as she was twenty years ago. You say she's kinda young looking? Well, she was that. She was in her fifties then and as spry as a robin with a song in her heart. She's still with us, living in that same upstairs room at our house, and she's not quite so spry any more but the song is still in her heart.

That, beside her picture, is a pair of field glasses. That's right—field glasses—and they're Granny's—or I should say Granny's and mine and our most precious possession. Why, we wouldn't part with them for any thing in the world—though I remember we did part with another possession—two tickets to the Cloverdale Annual Bazaar.

I was going on fourteen then and spring was here and, you know, at fourteen there are things happening for a boy when spring is here. On the same night of the Bazaar, Cloverdale was having its

annual boxing tournament that the Athletic Association promoted—six bouts in all, ranging from bantam to heavyweight.

Bazaars were all right for older folks who like to get out of the house once in a while and sport around in their holiday clothes, buying raffle tickets at the booths for market-baskets of fruit, or throwing little hoops around pegs for dolls, or buying soda pop. I was a freshman in high school and I had never seen the fights before, though I had listened to the roar of the crowd. The boxing tournament was going to be held under the stars in Franklin Square, an open lot used as a park, which was near our house. There they had built a grandstand with a fence all around.

Pa was against the idea of a boy seeing a fight, saying it was a harmful influence, and such, and ma sided with him. But I was going on fourteen and I was no baby. Besides, there was the gang and they were all going.

Granny, coming down from her room upstairs, overheard our talk; smiled at me and led me out to the back yard. "You must mind your pa and ma for they know what is best for you," she told me. Then she batted a baseball to me like any boy and kept me running all over the place trying to catch that ball. After that, she made me give her the daily roller skating lesson. Granny told me she had never, when very young, seen roller skates, and she had been a little girl once.

Granny was like that—defying the years, eager to play, eager to laugh, but wise as an owl. Once I heard pa thank her for some advice she had given him about a big note he had signed at the bank.

Granny made me take her to all our high school entertainments and she laughed as hard as any kid at the funny acts and recitations given by students. She never missed a game of soccer, or a swimming meet, or a basketball game in the school gym. Times were I'd just forget she was Granny and think of her as a classmate.

Granny wanted me to respect the word of my pa and ma and to obey their wishes. She said a fellow's duty was to his parents and I knew she meant about the boxing tournament in Franklin square, that I was not to go.

Trying to have me forget my troubles, Granny made me escort her to the high school May hop. There she took me out on that and swung me about in steps that floor crowded with youngsters, and swung me about in steps that to this day I have not learned; swung me about in graceful rhythm to the orchestra; danced with the gay abandon of a girl in her teens, and even the gang looked on and were awed. They considered that Granny was just like one of them when she told them jokes that made them laugh.

Then came the roll of the drums and we all knew it meant an announcement.

"Select your partners for the waltz contest."

Fellows picked their girls. Granny picked me and, before I could stammer a word, she was guiding me along to the strains of the Blue Danube Waltz and, once accustomed, I felt myself floating as on wings. Whenever we passed the judges' stand a thunder of applause greeted us; and Granny seemed to live the waltz until I could see those blue waters before me and probably the audience could, too.

Of course—you guessed it—Granny won first prize, a new

pair of field glasses, and they gave me second prize as her partner—two tickets to the Annual Bazaar. Then from the gang came advice to swap the two tickets for Granny's field glasses and, though I hesitated at first, prodded by the gang, I squared my shoulders and went up to Granny, suggesting the trade to her.

But Granny shook her head, her eyes twinkling. "We both don't like bazaars," she said. "We'll give these tickets to your pa and ma—as a sort of present. But these field glasses stay with us. We need them. Did I ever tell you I used to count the park benches in Franklin Square from my window?"

(Copyright Wheeler Newspaper Syndicate)

Star of Bethlehem phenomenon of age

The Star of Bethlehem has been the subject of extensive research and discussion.

Modern astronomers have considered several natural phenomenon theories without attaching too much weight to any such hypothesis.

Skeptics regard the whole thing as mere invention, colored with Oriental imagery, designed to honor Christ; and faith accepts the star as the supernatural phenomenon which proclaimed the birth of Jesus.

The first chapter of the gospel according to St. Matthew begins: "The book of the generation of Jesus Christ, the son of David, the son of Abraham . . ."

And confirming Bethlehem as the city of David, the angel of the Lord declared:

"For unto you is born this day, in the city of David, a SAVIOUR which is CHRIST the Lord." St. Luke 2:11.

Considering tradition, which accepts that King David's shield formed a six-pointed star, the Star of Bethlehem appropriately.

". . . stood over where the young Child was," St. Matthew 2:9.

DECEMBER LIGHTS

Beautiful lights
In December abound
Like stars brightly shining
In gay colors are found
On strings overhead,
In village and town;
Twinkling and flashing
Up the streets and down.
But better by far
Are the lights you may spy
In the eyes of each child
As Christmas draws nigh.

**NEW WISDOM
TOOTH AT 78**

PANGMAN, Sask.—Mrs. F. Wells, who is past 78 years of age, has just had a wisdom tooth removed. She had felt the new molar coming for about two years, and it had become a real annoyance of late.

Mrs. Wells, who has been a resident of Pangman for quite some time, has enjoyed remarkably good health. She recently returned from a five months vacation trip to England.

3121

May be her last visit from Santa

VICTORIA.—Santa Claus is coming to fair-haired Coral Ann Lavigne, the gift she wants most for Christmas, perhaps for the last time.

Eight-year-old Carol has Leukemia, dread cancer of the blood for which there is no cure. She is not expected to live until Christmas.

But she'll have a Christmas party. It will be held soon.

"We are going to have a Christmas party a little early to make

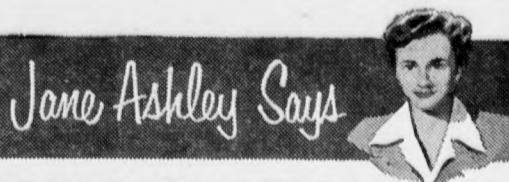
sure she gets that much," said her father, Gerry Lavigne, a street news vendor. "But it'll be hard to do it."

There will be presents, especially a bicycle from her uncle Jack, the gift she wants most for Christmas.

Mom and dad and three brothers and sisters will be at the party as well as relatives and friends.

Carol is a happy little girl. She does not know she's doomed to an early death.

"She'll think it a great joke to fool Santa Claus," said her dad in telling of early party plans.



"Try my favorite recipe
for the month"

SHORTBREAD COOKIES

1/2 cup BENSON'S or CANADA Corn Starch

1/2 cup icing sugar

1 cup sifted all-purpose flour

1 cup butter

SIFT together BENSON'S or CANADA Corn Starch, icing sugar and flour into bowl. (Have butter at room temperature.)

BLEND butter into dry ingredients with a spoon until a soft dough is formed.

SHAPE into balls about 1 inch in diameter. PLACE on ungreased cookie sheet about 1-1/2 inches apart.

FLATTEN dough with lightly floured fork. BAKE in slow oven (300°F.) 20 to 25 minutes, or until edges of cookies are lightly browned. YIELD: 3 to 4 dozen.

NOTE: If using unsalted butter, add 1/8 teaspoon salt to ingredients. If dough is too soft to handle, cover and chill for 1/2 hour.



For free folder of other delicious recipes, write to:
Jane Ashley,
Home Service Department,
THE CANADA STARCH COMPANY
LIMITED,
P.O. Box 129, Montreal, P.Q.

**MACDONALD'S
Fine Cut**

Makes a better cigarette

—By Les Carroll

**Fashions****Sew-Easy Separates**

by Anne Adams

Busy mom, whip up these wardrobe wonders in a jiffy! Minimum of pattern parts, no fitting worries—designed for beginners! Princess jumper, box jacket, blouse offer many changes for Monday-to-Sunday variety. Send now!

Pattern 4545: Children's Sizes 2, 4, 6, 8, 10. Size 6 blouse, 1 yard 35-inch; jumper, 1 1/4 yards 35-inch nap; jacket, 1 1/4 yards.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to:

Department P.P.L.,
Anne Adams Pattern Dept.,
60 Front Street W., Toronto.

BOY SCOUT ACTIVITIES

Continued from front page

which the boys and girls thought the evening celebrations were over, and when called back were not contented with quitting the party at 8:30 p.m. as planned but kept it on the go until nearly 9:30 p.m. Even then most of them wanted to keep right on. However, I reminded them that there was another year coming up, together with another party.

Arthur Hoivik and Dale Gimbel provided three musical items with their accordion and banjo. Arthur's accordion was rather large for him, so to help out I played it while he worked the bellows—and even then Mr. Roberts had to help him provide enough air. John Kerekes also helped out by playing his concertina, and resolutely refused to play an encore, as he admitted that his knees were knocking together too much.

Well, folks, the boys and girls enjoyed themselves, and that is the main thing. Laughter was the order of the day, and there was plenty of it—even when Donnie Drexler entered the hall wearing his eye in a sling.

Happy New Year, folks, from the Scouts.

HOME FRONTBy Mrs. Lorraine Rea
District Home Economist

Hello Homemakers:

The basic ingredients of all cookery are a tested recipe and accurate measurements. The following information taken from our free bulletin "Tips on Food Preparation" may be helpful to you.

Table of Measures

3 teaspoons—1 tablespoon
16 tablespoons—1 cup (8 fl. oz.)
1/4 cup—4 tablespoons
1/3 cup—5 1/3 tablespoons
2 1/2 cups—1 Imperial Pint
5 cups—1 Imperial Quart
2 pints—1 quart

Table of Abbreviations

Tbsp. or T.—Tablespoon
tsp. or t.—Teaspoon
c.—cupful
pt.—pint
qt.—quart
lb.—pound
dz.—dozen

Note the following differences:

1 Imperial Pint—20 fluid ounces (2 1/2 cups)
1 American Pint—16 fluid ounces (2 cups)
1 Imperial Quart—40 fluid ounces (5 cups)
1 American Quart—32 fluid ounces (4 cups)

Since our standard measuring cup is an eight ounce cup, most household recipes will not be affected by this difference. However, if a recipe calls for a pint or a quart of some ingredient be-

sure you know which measure is used, e.g., a certain recipe in an American magazine calls for a quart of milk. Do not use the whole contents of a Canadian quart bottle—measure out four cups.

Measurement by Spoons:

Fill the spoons and draw the straight edge of a knife or spatula over the surface, making the contents level.

To measure 1/2 spoon—divide 1 level spoon in half lengthwise.

To measure 1/4 spoon—divide 1/2 spoon in two equal portions.

To measure 1/8 spoon—divide 1/4 spoon in two equal portions.

Don't use a dessert spoon for a measuring spoon. A dessert spoon has no place in the kitchen.

It is not of standard size and many a recipe has been ruined

by "figuring that it is about two teaspoons".

Measuring Fats

Press the fats firmly into the measure until it is full then level with the edge of a knife. The following is an easy and accurate way to measure divisions of a cup—pour cold water into the cup up to the measure which will equal one cup when the fat is added. For example to measure 1/3 cup of fat—fill the cup 2/3 full of water, then add fat until the water comes up to the brim, or to the mark for 1 cup being sure the fat is entirely covered with water. Pour off the water.

Measuring Dry Ingredients

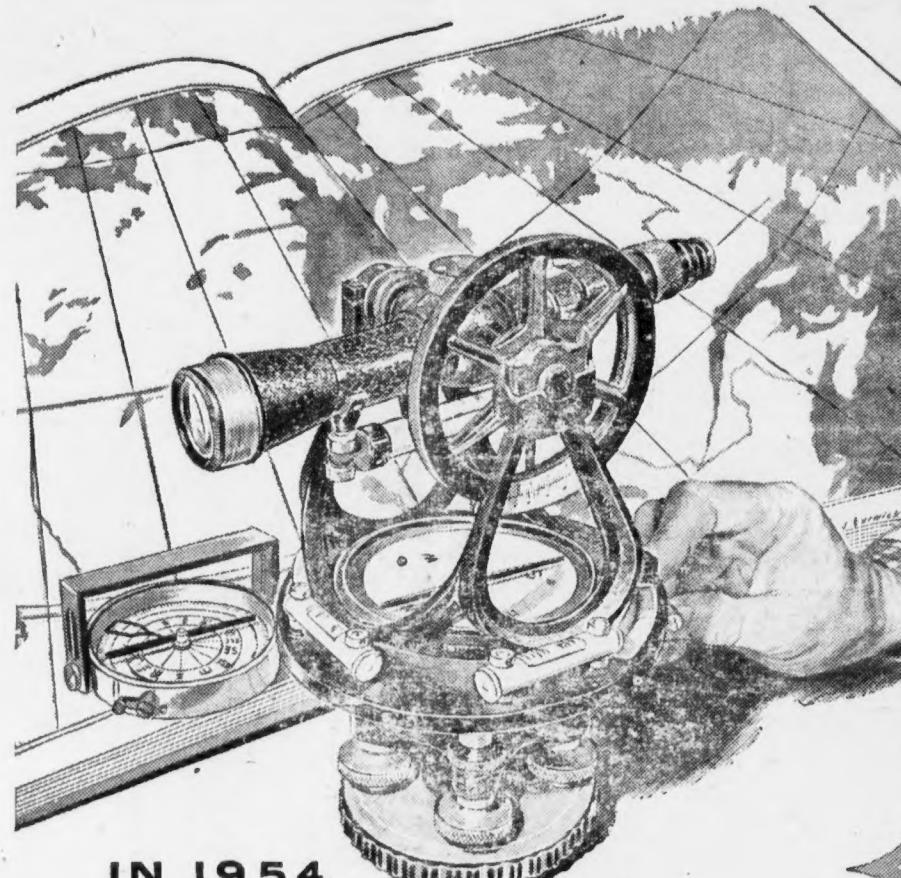
All dry ingredients should be packed lightly into the measure. "Spoon the ingredient" into a

measuring cup and do not shake down or rap the cup on the table. To do so means increased quantity and will throw the proportions out of gear. Fill measure to overflowing then level with the straight edge of a knife.

White flour—Always sift once before measuring. Recipes are written on this basis.

Small arms training on a pistol range is but one of the many instruction courses taken by Royal Canadian Mounted Police recruits; they are also given rigorous training in laboratory work, photography, fingerprint identification, and scores of other specialized studies. Their story is told in the CBC series *The Quiet Force*

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IN 1954

Where there was Progress

Throughout the land, Canadians made progress in 1954.

They prospected, staked, drilled and mined; they cleared, ploughed and planted; they fished and they hunted; they planned and constructed; they manufactured, and they bought and sold. And working with Canadians in their ventures from coast to coast—helping with counsel, service and money—was the Bank of Montreal.

In 1954, B of M loans and investments—amounting to some two billion dollars—worked for Canada and Canadians. Wholesaling and retailing enterprises... petrochemical, smelting and mining developments of every type and manufacturing in all its phases... farms and ranches... the grain trade... co-operative production and marketing... housing developments... municipalities... churches, hospitals and schools... many industries, many organizations, and many people in all walks of life counted on the B of M for counsel and credit.

Canada is on the march today. And moving ahead with the nation are 625 B of M branches from coast to coast, at the service of the men and women who are forging the Canada of tomorrow.

Yes, where there was progress in 1954 . . .

There was the Bank of Montreal

Canada's First Bank... "MY BANK" ...working with Canadians in every walk of life since 1817
TO 2 MILLION CANADIANS
B of M

